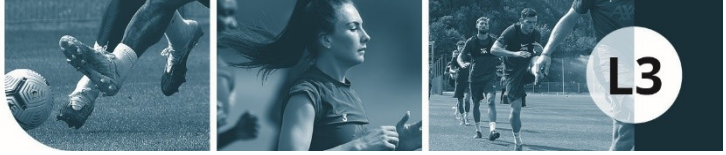
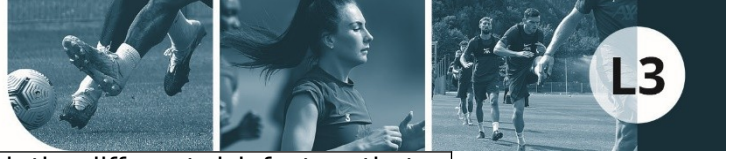


BTEC Assignment Brief

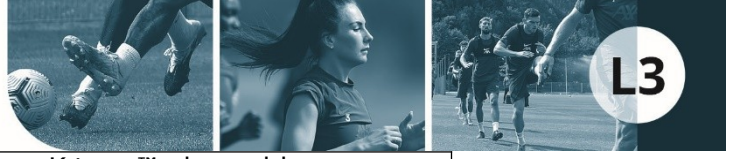
Qualification	Pearson BTEC International Level 3 Qualifications in Sport
Unit number and title	**Unit 25: Sport Injuries Management**
Learning aims	B: Explore risk factors for the management and prevention of common sporting injuries C: Develop treatment and rehabilitation programmes for common sporting injuries
Assignment title	A report detailing the treatment and management of sporting injuries
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	You have been asked by one of the physiotherapists to produce a formal written document focussing on intrinsic and extrinsic factors, preventative measures and the sequence of prevention model. Your report will be included in the new players' induction handbook and should aim to educate the sports players on the importance of injury management.

Task 1	A report detailing the treatment and management of sporting injuries. You will need to correctly explain the intrinsic and extrinsic factors that can contribute to sports injury prevention. You will indicate the main features of injury prevention factors across both individual and team sports linking to minor and major injuries, determining those injuries that can be managed conservatively and those requiring further referral. You will need to provide details of key trends linked to current risk factors and how these are being addressed, for example they may consider the use of artificial playing surfaces and the risk factors of injury that may be present for sports such as football or rugby. Sources of injury data information should be current and reliable and you should be able to interpret any relationships between risk factors and preventative methods of sporting injuries. You will need to consider the key facts for the choices of treatments and exercises linked to rehabilitation programmes by offering reasoned judgement of both plans. You can indicate and justify why alternative treatments and exercises may be better for future rehabilitation programmes.



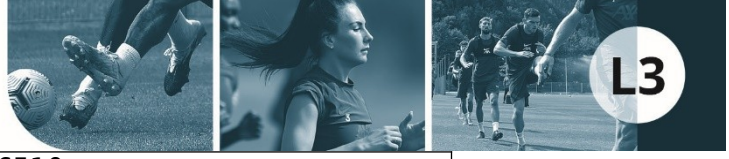
	You will need to research the different risk factors that can contribute to injuries and consider the preventative strategies by reducing unnecessary risks or reducing potential hazards for safe sport participation. You can research different risk analysis plans and preventative strategies that link to the set theme and their stated chosen injuries. Using two different rehabilitation programmes (these can be linked to two common sporting injuries, ideally one from a traumatic and one from an overuse injury) you will need to produce two rehabilitation plans from the acute stage to the functional stage. You should link your selected injuries to identified sports, you can base your programme on a professional sports performer who has a well-publicised injury, or a diagnosed sports injury of a peer. The report should be split into six sections and contain the following information: **Section 1: Extrinsic risk factors** • Coaching, poor coaching/leadership, communication, ensuring adherence to rules and governing body guidelines, principles of training • Incorrect technique, lifting, moving and handling equipment • Environmental factors, weather effects on playing surfaces, outdoor and indoor venues • Clothing and footwear, protective clothing and equipment, specific to sports playing surfaces • Safety hazards, the importance of safety checks, environment safety checks, equipment safety checks, misuse of equipment, first-aid provision, safety checklists, risk assessments, other participants **Section 2: Intrinsic risk factors** • Training effects, muscle imbalance, poor preparation, level of fitness • Individual variables **Section 3: Preventative measures** • Role of the sports scientists, coaches, officials, therapists, up-to-date knowledge of skills, qualifications, adapting style to sports performer's ability/age/fitness levels, communication • Equipment, risk assessments, checking equipment, protective equipment, appropriate usage, specific footwear, clothing, shields, high and low density materials, resilience of equipment • Environment **Section 4: Treatments and interventions** • Based on accurate diagnosis, subjective and objective assessment, immediate management of injuries, referral to and from healthcare professionals • Injury assessment – see, ask, look, touch, active, passive, strength (SALTAPS) • Protect, optimal loading, ice, compression, elevation (POLICE), 'active' rest



	• Prophylactic Taping, e.g. K tape™ zinc oxide. • Bandaging, elastic adhesive bandage (EAB) cohesive bandage, compression, support • Immobilisation, splints, slings • Interventions • Emergency treatment, triage, resuscitation (CPR), shock, unconscious casualty, prevention of infection, seeking qualified assistance • Specialist equipment **Section 5: Planning programmes** • Phases of rehabilitation • Factors influencing exercises **Section 6: Rehabilitation programmes** Develop treatment and rehabilitation programmes for two common sporting injuries • Records of treatment • Past medial history, presenting condition, appropriate treatment records, timescales and review date, objective measures, subjective and objective assessment plans, interventions evaluation, data protection legislation • Methods to improve range of motion • Strengthening and coordination exercises • Functional exercises • Exercise accessories
Checklist of evidence required	A report detailing the treatment and management of sporting injuries, covering the following areas: • Extrinsic risk factors • Intrinsic risk factors • Preventative measures • Treatments and interventions • Planning programmes • Rehabilitation programmes

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
B.P4	Explain the different factors that can reduce and prevent sporting injuries
B.P5	Explain the preventative methods that can be used to reduce sporting injuries
C.P6	Explain the different factors for choosing treatments and interventions when managing common sporting injuries
C.P7	Design two safe treatment and rehabilitation programmes for different common sporting injuries
B.M3	Analyse the preventative methods that can be used to reduce sporting injuries
C.M4	Assess the treatment and rehabilitation programmes for two common sporting injuries
BC.D2	Evaluate the prevention, treatment and rehabilitation programmes for two common sport injuries, justifying the choices of intervention management and suggesting alternatives where appropriate

Sources of information to support you with this Assignment	**Textbooks** Adams M et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson,



	2010) ISBN 9781846906510 Adams M et al – BTEC Level 3 National Sport Teaching Resource Pack (Pearson, 2010) ISBN 9781846906541 Gill W – Practical Guide to Sports First Aid (Lotus Publishing, 2004) ISBN 9780954318864 Gledhill, A., et al. (2016), BTEC Nationals Sport Student Book 1, Pearson Education, ISBN 9781292134000 Shamus E – Sport Injury Prevention and Rehabilitation (McGraw-Hill Education, 2001) ISBN 9780071354752 Sport First Aid (Human Kinetics Europe Ltd, 2008) ISBN 9780736076012 **Journals** • American College of Sport Medicine's Health and Fitness • Journal of Sports Medicine British Medical • Journal Exercise and Sport Sciences Reviews International • Journal of Sports Science and Coaching • Journal of Athletic Training Medicine and Science in Sports and Exercise Peak Performance Research Quarterly for Exercise and Sport Sports Injury Bulletin **Websites** Coachwise www.1st4sport.com E-Podiatry www.epodiatry.com Peak Performance www.pponline.co.uk Sports Injury Clinic www.sportsinjuryclinic.net Top End Sports www.topendsports.com
Other assessment materials attached to this brief	